



April 5, 2010

Island Insight



Force Protection Level – Alpha
Homeland Security Advisory System – Yellow/Elevated
Transportation Security Administration Threat Level – Orange/High
Coast Guard Maritime Security (MARSEC) Level – 1/Significant Risk



This publication is also available on the island intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <http://www.ria.army.mil/sites/IslandAnn/announcement.cfm>

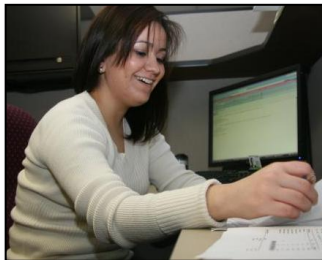
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Arsenal Gives Students 'Real World' Experience:

Danielle Toste, ASC Public Affairs –

Students and recent graduates from colleges across the United States are experiencing what



could become a life-changing opportunity in the Minority College Relations Program. There are 33 interns participating in MCRP's spring 2010 internship program, including 15 at Rock Island Arsenal, Ill. The 15-week internship at nine Army installations runs from January through April and focuses on getting students integrated into the federal work place and shows

them many different ways to serve the nation, aside from military service. ([More](#))

U.S. Army Field Band and Soldier's Chorus -- A

Call to Remembrance: Come see the United States Army Field Band and

A Call To Remembrance



Soldier's Chorus (Washington D.C.) where Gen. David Petraeus (USA) will make a personal video appearance. The participation of Iowa Governor Chet Culver and Illinois Governor Pat Quinn is anticipated, along with some U.S. senators and a number of military generals. The event will take place **Saturday, April 17 at 7 p.m.** Tickets are free and available at the [iWireless Center](#) and Whitey's Ice Cream while supplies last. Tickets also available thru Ticketmaster online with a \$2.50 service fee. There is an 8 ticket limit. Tickets became available Thursday, March 18. We didn't plan it this way, but the concert event falls a week after the first anniversary of Quad City native, Cpl. Jason Pautsch who was killed in action on April 10, 2009 in Mosul, Iraq. While we'd like to honor Jason and some of the other soldiers from the area who have been killed in action, we'd also like to honor active duty Soldiers and generate support for the mission they serve all over the world. It seems rather incongruent when people claim they "support the troops" yet don't support the mission of the troops. ([More](#))

RIA Spring Clean Up Week: The week of **April 12-16** has been designated "Spring Clean Up Week." This would be an opportune time for all organizations

to take some extra time to clean up areas that might have been neglected after a long winter. Please be sure to make proper use of Paperless Turn-in and Recycling.

Children Are Our Future: Let's Keep Our Future Safe by Protecting the

Child: April 2010 is designated as Child Abuse Prevention Month in the Army.

In today's Army, the pace is extraordinary and the challenges for families are many, especially for those families who are in the deployment cycle. With all the demands for the mission, we cannot overlook the effect on the youngest members of our community. We must be vigilant in promoting and maintaining safe and healthy environments for our children and youth. The family is the first line of defense but it is the responsibility of everyone in our Army community: command at all levels, service providers and community organizers, friends and neighbors to keep the focus on children of all ages who are vulnerable to neglect



Upcoming Dates

April 5-9: Iowa Severe Weather Awareness Week

April 5-11: National Cell Phone Recycling Week

April 7: World Health Day

April 9: National Former Prisoner of War Recognition Day

April 11-17: National Library Week

April 14: USAFR 62nd Birthday

April 15: Tax Day

April 15: National Buy a Gun Day

April 16: National Healthcare Decisions Day

April 17-25: National Park Week

April 18-24: Animal Cruelty/Human Violence Awareness Week

April 18-24: National Shaken Baby Syndrome Awareness Week

April 19-23: National Work Zone Awareness Week

April 19-25: TV Turnoff Week

April 22: Earth Day

April 23: 102nd Army Reserve Birthday

April 24-30: National Infant Immunization Week

April 25-May 2: National Safe Kids Week

April 29: Distracted Driving Awareness Day

April 30: Arbor Day

May 2-8: North American Occupational Safety & Health Week

May 2-8: Wildfire Awareness Week

May 3-7: Public Service Recognition Week

May 3-9: Be Kind to Animals Week

May 8-15: Military Appreciation Week



and abuse in its various forms. The promises made in the Army Family Covenant are central to carrying out the mission to protect our future by protecting the children. For more information on child abuse and neglect issues or how to become involved, please contact Jenny Kerr, Family Advocacy Program Manager, at (309) 782-3049.

Analysis – Bad Credit Can Mean

Losing Your Job: If your job requires a security clearance, you already know your personal life isn't. But there's another group, those in "sensitive positions." Debra Roth, partner at Shaw, Bransford and Roth, explained the two for Federal News Radio: For a security clearance, you need to fill out something called an SF 86. For sensitive positions, otherwise known as suitability considerations, you have to fill out an SF 85. Financial considerations (are) definitely part of the sensitive positions consideration, as are past employment record - were you ever fired from a job?, past police record - have you ever been arrested? ([More](#))

Prairie Grass Burning: It's that time of year to burn off the prairie grass plots around the island. The Directorate of Public Works and the Rock Island

Arsenal Fire Department will be burning off the prairie grass during the month of April. The burning helps to eliminate noxious weeds and is a natural occurrence in the wild.

2010 Midwest Small Business Government Contracting Symposium:

The Iowa-Illinois Chapter of National Defense Industrial Association (NDIA) and the Society of American Military Engineers (SAME) Rock Island Post are hosting the 2010 Small Business and Corps of Engineers District Commanders briefings at the iWireless Center, **April 12-13**. For additional information go to www.ndia-ia-il.org. Government employees can register in TEDs to attend.

Date: **Monday, April 12**
Time: **7 a.m. - 4:30 p.m.**

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the **Caisson Room**

(First Floor, Bldg. 60), on **Friday, April 9, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the



time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **3rd shift** blood drive will be held in the **Kingsbury Conf. Room** (Bldg. 210, Room 121) beginning at 2:15 a.m. on **April 30**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



The Truth About Donating Blood! Excuse: I take prescription medication. Truth: Most medications are acceptable, including high blood pressure, diabetes, thyroid, anti-depressants, asthma and allergy medications.

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplantations programs. For additional information see:

www.cpol.army.mil/library/permis/5012b.html

ASC Hosts Secretary of the Army

(Video): The Army Sustainment Command hosted a VIP visit when the Secretary of the Army John M. McHugh made his first trip to Rock Island Arsenal accompanied by Gen. Ann E. Dunwoody, commanding general of the



Army Materiel Command, March 16.
Jon Connor of the ASC Public Affairs
Office reports. ([More](#))

ARC Tours: Tour Association of Retarded Citizens (ARC) Rock Island facility. If interested, sign up in [TEDs](#), class name "tour." Worth one CLP. To reserve a seat on the tour van, you need to email Will Moscoso at william.a.moscoso@us.army.mil or call (309) 782-3404.
Date: **Thursday, April 29, May 6, 13, & 20**
Time: **9-11 a.m.**

Spring Golf Seminars: April 6 topics to be covered ... Swing Fundamentals, Game Management/Assessment, Course Design/Strategy, Practice Strategies, Fitness for Golf This seminar series will be interactive and participation will be encouraged. Lunch included in cost of \$20 per session. Call (309) 793-1604 to register.
Time: **11:30 a.m. to 12:30 p.m.**

Power Outage: On April 10, a power outage is planned for buildings 102, 103, 104, and 107. The power outage will begin at 7 a.m. and should be restored by 7 p.m. The Building 103-104 generator will be operating.



This outage is to transfer power to the new high voltage distribution system.

Public Works Schedules
Annual Power Outage for
Electrical Maintenance
Activities in Bldgs. 350 &



351: This outage will take place on Sunday, **April 11** at 6 a.m. Power restoration to various areas of the buildings will take place as each of the numerous systems are completed. Expected total down-time is approximately eight hours. Backup generators for critical areas will be down for short periods of time.
Time: **6 a.m. – 2 p.m.**

Annual Red Cross Golf Outing at
TPC Deere Run: Mark your calendars for the annual TPC Deere Run Golf Outing benefiting the American Red Cross of the QC on **Sept. 20**. On-line registration begins **May 1**, at www.qcredcross.org. For more information, contact Kasey at (309) 743-2166.
Time: **7:30 am or 1 p.m.**

Organizational Best Practices
Conference 2010: Achieving Results Through Employee Engagement, **Wednesday, June 2, 8 a.m.–5 p.m.**, St. Ambrose University Rogalski Center.

Keynote Address by Edward E. Lawler III, distinguished Professor of Business and Director of the Center for Effective Organizations in the Marshall School of Business at the University of Southern California. Who should attend? Mid- to upper-level managers, leaders, or executives. Call Allison Ambrose at (563) 333-6155 for more information, or visit the [web site](#).

Rock Island Arsenal Tax

Center: Rock Island Arsenal is hosting its annual Tax Center which can assist military card holders (service members, service members' families, retirees, etc...) with filing your taxes. Make an appointment by contacting either between **Jan. 26 and April 15** at the Office of Counsel, Bldg. 390, Suite 105 to have a volunteer, trained by the IRS and Military Legal Office, help prepare and file your returns. POC: Jared.Sweany@us.army.mil; or Laura.McSparin@conus.army.mil; (309) 782-0586.



Run for Renewal: [Project Renewal](#) will hold its sixth annual Run for Renewal 5K run/walk and half-mile Treat House Trot for children on **Saturday, April 17**. All proceeds from the event go to



Project Renewal's youth program. Both events start and finish at Sr. Concetta Park, located at the intersection of 6th and Warren streets, Davenport. The course winds through the scenic and historic downtown neighborhood. Returning to the Run for Renewal this year is a prize for the first participant up "Ripley Rise." The first male and female to make it to the top of the first hill on Ripley Street will be greeted by neighbors and awarded a special prize at the award ceremony following the events. This prize is sponsored by the Gold Coast & Hamburg Historic District Association. [Click here to register.](#)

RIA Golf Club Special for April: The RIA Golf Club announced that during the month of April non-members may golf for \$30 per 18-hole round if walking the course, or \$40 per player if using a golf cart. Advanced tee times are required. Hours are unlimited on Tue, Thu, and Fri; on Wed. before noon and after 3 p.m.; Sat and Sun after 10:30 a.m. Please note this is a limited offer and available only for the month of April. These same fees will be offered to the guests of our current members. Please



contact the golf shop at (309) 793-1604 to schedule a tee time. The Rock Island Arsenal Golf Course is a links style, par 71 course nestled alongside the Mississippi River. The Golf Club adheres to the dress code of collared shirts and no jeans. The Rock Island Golf Club is located at 1838 Gillespie Street, Rock Island, Ill.

Rock Island Arsenal Museum Hours of Operation:

The Rock Island Arsenal Museum is open: Tuesday through Friday, 10 a.m. to 4 p.m. and Saturday and Sunday, Noon to 4 p.m. The museum is closed on Mondays and major holidays.

Combined Federal Campaign Chair

Position: The 2010 Illowa Bi-State Combined Federal Campaign is looking for an individual that is interested in assuming the role of 2010 Campaign Chairperson.

The role is developmental in nature in that one gains experience in: Project Management, Supervision, Prioritization, Briefing Leadership, Organization and Motivation. Continuous learning points are earned for the assignment. The ideal candidate will be an energetic self-starter with a



benevolent can-do attitude. This position is a voluntary detail; however, it is to be accomplished in addition to coordinating the responsibilities of one's normal duties. The individual selected to chair the campaign will need to have the support of their management staff/organization. If you are interested in filling this role for the 2010 campaign, please send Deb Gudlewski an e-mail at

Debra.gudlewski@us.army.mil

elaborating on your qualifications and interest in chairing the campaign.

Illinois Department of Transportation

Construction Alert:

The I-80 Mississippi River Bridge in the Quad Cities area will be closed to all eastbound traffic from Monday, April 5 until approximately mid-July. Eastbound I-80 traffic to Illinois will be routed to I-280. Motorists will have access to all Iowa interchanges as eastbound I-80 will be open to the last Iowa exit at LeClaire (Exit 306). The westbound lane of the I-80 Mississippi River Bridge will remain open during construction. All ramps for westbound I-80 will be open at both the IL 84 (Rapids City) and US 67 (LeClaire) interchanges. Once the structure repairs to the eastbound half of



the bridge are completed, one lane of traffic in each direction will be placed on the eastbound half of the bridge while the two westbound lanes are repaired. The contractor is replacing 32 of the cantilever floor beams on each side of the bridge that support the outside travel lane. The contractor will be working multiple crews and double shifts for some operations to make repairs as quickly as possible. The Illinois and Iowa Departments of Transportation remind all motorists to slow down and drive carefully through all work zones. ([More](#))

One Day Closure of CAC/Military ID Office: In order to accommodate set-up and installation of new equipment, DoD requires that the CAC/Military ID Card Office in Bldg. 23 be closed for one full day, **Wednesday, April 7**. Please ensure that employees and contractors are aware of the closure as there will be no opportunity for appointments or walk-ins on this date. The office will be back in full operation on Thursday, April 8. Garrison HR appreciates your understanding in this matter. POC: renee.michl@us.army.mil, (309) 782-1320.

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Arsenal Traffic/Construction

Helicopter Lift to Temporarily Close Beck and Sylvan: On Saturday, **April 10**, St. Louis Helicopter in conjunction with Alacran Contracting and the MMPM Project at Bldg. 299 will have a helicopter lift to install roof top units on Bldg. 299. The day will commence at 8 a.m. at the Helo Pad for safety and rigging briefings by the pilot. They will then begin lifting several units from the storage area directly east of Bldg. 242. Each time the helicopter is flying over the intersection of Beck and Sylvan, those roadways will be temporarily closed while that action is taking place. The contractor will have flaggers in place for that effort. Closure times will be minimal and lasting for only the times that the helicopter is at that location. With the amount of equipment requiring placement, it is not known at this time how long the effort will last, but it will be complete that day, weather permitting.

CAC Scanning at Gates Not Set to Begin: At this time, the scanning of your CAC card or valid ID is not mandatory. In order to prepare the workforce for the future, the police officers will begin notifying all those entering the Rock Island Arsenal to be prepared to provide a CAC card or valid ID. Please take the

time to develop a personal procedure which will allow you to have the ID readily available to show the Police Officer or Guard quickly and safely. Driving safely and expediting the process will benefit all those entering the Rock Island Arsenal. Future notification will be provided to the Rock Island Arsenal workforce once final implementation dates have been determined. Thank you for your cooperation and support.

Two Lane Traffic Exiting the Arsenal: When exiting the Arsenal during peak periods in the afternoon, beginning at 2:30 p.m., two-lane traffic on Rodman Ave. does not begin until Flagler Ave. Some drivers have been attempting to begin driving two-lanes westbound starting at Gillespie Ave., creating a hazard to oncoming traffic. POC: Msg. Dale Heiser, Rock Island Arsenal Police Department, (309) 782-2686

Moline Bridge Closure: On **Jan. 26** the Arsenal Moline Bridge was closed to vehicular and truck traffic for a nine-month period.



Construction is due to be complete by **5:30 p.m. Tuesday, Oct. 26**. This is to allow for complete replacement of the bridge roadway and



miscellaneous repairs to the structure and piers. Truck and vehicular traffic are being detoured to the Rock Island and Davenport entrances where temporary modifications have been made to handle the increased traffic flow. Additional officers located at strategic points will be present to direct and control traffic. Issuance of visitor's passes and truck inspection are being conducted at the R.I. Gate. A traffic plan is underway that allows traffic to enter/exit the Rock Island Arsenal via the Davenport and Rock Island gates. Arsenal traffic only (two lanes in/two lanes out) will be allowed to enter and exit RIA via the Government Bridge during peak traffic hours (5:30-8:30 a.m. & 2:30-5:30 p.m.). The Rock Island Viaduct and Rock Island entrance (gate) will remain two-way traffic throughout the closure. Access to the National Cemetery and Bldg. 23 (CAC/Military ID Office) is available during the closure by proceeding eastbound on Rodman Avenue. Questions/comments/concerns from the Arsenal workforce can be sent to the "Ask the Garrison Manager" e-mail at ROCK-AGM@conus.army.mil, while phone calls from the Arsenal workforce should be directed to (309) 782-2446.

Building/Space Closures



Cafeteria Announcement: The Bldg. 212 Cafeteria closed **Jan. 4** for renovation. This also includes the smoking room adjacent to the cafeteria. In Bldg. 210, Room 117, hot meals (breakfast and lunch) are still provided in accordance the [posted monthly menu](#). A temporary dining room is located in Bldg. 210, Room 121 (Kingsbury Conf. Rm). The temporary smoking room will be relocated to Bldg. 211, Room 133. Tentative completion of cafeteria renovation is spring 2010.

Active Duty/Reserve Zone



Army Leaders Propose Next Steps In Sexual Assault Prevention: Summit participants pitched their proposals on how to better implement the Army's Sexual Harassment/Assault Response and Prevention program in Arlington, Va., Thursday, as the third annual SHARP summit came to a close. After three days of hearing from subject-matter experts on sexual crimes and participating in working groups, attendees briefed the deputy chief of staff of the Army for personnel, G-1, Lt.

Gen. Thomas P. Bostick, on how to eradicate this crime from the force.

([More](#))

Safety Spotlight



Director of Army Safety Encourages Army Team to 'Play It Safe': By now, the weather is finally nice enough for many of us to

shed our layers of winter clothing and head outdoors for



some eagerly awaited sunshine. As you embrace all the fun spring and summer can bring, whether it's lounging by the pool or hitting the open road for the season's first motorcycle ride, I ask that you keep risk management in mind and "Play It Safe." These days, our Soldiers are working hard and often playing harder. Our men and women in uniform are releasing stress and filling off duty hours with activities like rock climbing, motorcycle riding, road trips and sports. All these great events are perfect opportunities to create lasting memories with friends and Family but, without proper planning and risk management,



have the potential to cause serious trouble for our Army team. ([More](#))

Motorcycle Class Registration Now On-Line:

The U. S. Army IMCOM Registration system (AIRs) is a web-based scheduler and tracking tool for the Army Traffic Safety Training Program (ATSTP). AIRs allows military and civilian personnel to electronically register for traffic safety courses (Motorcycle Safety Classes) conducted at IMCOM garrisons. The tool requires each Garrison Safety Office to create their own training schedules for everyone's viewing on the AIRs website. The tool makes it easier for military and civilian employees to find and register for the required traffic safety courses they need, and helps Garrison Safety personnel manage course registrations, fill classes, and track training statistics. Statistical reports offer commands, regions, and garrisons analyses of training registrations, cancellations, completions, and no-shows. The tool uses the registrant's AKO email address to provide them with course confirmations, pertinent notices, and scheduling reminders. Prospective students may begin registering for courses as soon as they appear on the garrison's course calendars. The Home Page of the AIRs

application is available to all personnel for searching and browsing ATSTP courses. Just enter <https://airs.lmi.org> in your web browser to open the home page. The AIRs User Guide can be found at the "Help" icon at the top of the home page. Additional information and assistance can be found on the Garrison Safety Office's Home Page at <https://home.ria.army.mil/sites/safety/Main.htm>. Further support is available by phoning the Garrison Safety Office at (309) 782-1380 or contact Mike Chaplin directly at (309) 782-2314, michael.j.chaplin@us.army.mil. The one-day Experienced Rider Motorcycle Courses are scheduled for:

- **April 27, 28 or 29**
- **June 29, 30 and July 1**
- **Aug. 10, 11 or 12**

Please use the AIRs on-line application system to register for this class.

Equal Opportunity Focus

USAG-RIA Equal Employment Opportunity (EEO) Complaint

Process: Any employee, former employee, applicant for employment, or eligible contractors, who believe they have been discriminated against because of race, color, religion, sex, national

origin, age, physical or mental disability, genetic information and/or reprisal in an employment matter may initiate an EEO complaint. Initial contact with an EEO Official must be initiated within 45 days of the action or practice alleged to be discriminatory. Any Rock Island Arsenal or tenant organization person wishing to initiate an EEO Complaint may contact the Rock Island Arsenal EEO office at (309) 782-2548.

Prevention of Sexual Harassment Training (POSH):



Prevention of Sexual

Harassment Training will be offered by the Garrison EEO Office for New Hires, Refresher and Online POSH Training. The location will be the Blackhawk Conf. Room, Bldg. 109, 3rd Floor, New Hires at 8:30 a.m. and Refresher at 10 a.m. on the following days. **New Hires: April 13, May 11 (Baylor Conf. Rm.), June 8, July 13, Aug. 17, Sept. 14, Oct. 12**

Refresher: June 8, Sept. 14. To sign up for this mandatory training, please register through [TEDs](#); key word: "posh refresher on line." POC for POSH training (or to receive special accommodations) is carmen.ausborn@us.army.mil at (309)



782-2927. Registration for [TEDs](#) is available. Use the word "posh" when registering. For any additional information or accommodation please contact: carmen.ausborn@us.army.mil or (309) 782-2927/2548.

Morale, Welfare & Recreation (MWR)



Morale, Welfare & Recreation
(MWR): Visit the MWR website at www.riamwr.com for information on all MWR programs. Rock Island Arsenal FMWR is now on Facebook, [click here](#) to become a fan and stay up to date on all the great FMWR offerings here at the Arsenal.

FMWR on Facebook:

Rock Island Arsenal FMWR is now on Facebook, [click here](#) to become a fan and stay up to date on all the great FMWR offerings here at the Arsenal.

Rowing Class Increases in Size: The Fitness Center has just installed 14 new rowing machines in the Aerobic room. We now have more openings in our Rowing Class, which starts April 6. It will be a 5 week class on Tuesdays and Thursdays for \$20 (Active Duty pays

\$16). For more information, please call (309) 782-6787.

MWR Softball League: Team packets for the men's D league on Mondays are available at the Fitness Center. Games start **May 3** at 5 p.m. Players must be 18 or older and out of high school. Arsenal teams pay \$260 and off-Island teams pay \$360. For more information, please call (309) 782-6787.

ASA Certified Softball Officials: The RIA Fitness Center is looking for softball officials for our summer league. You must have current certification with ASA. If interested, please call (309) 782-6787.

Fitness Class Sign-ups: It is not too late to sign up. For information about what classes are being offered, please [click here](#). For more information, please call 309-782-6787.

RIA MWR Golf Driving Range Now Open: Golfers can purchase keys for the ball dispensing machine at the Fitness Center. The keys can be purchased for any amount and are reloadable. With the key you can purchase small \$3, Medium \$5 and Large \$7 buckets. With exact cash you can only purchase \$3 buckets.

April Trivia Night: Please join us for a night of friendly trivia competition on **April 15** at 6 p.m. in Heritage Hall. Open to all friends & family. Cost is \$10 per player; Teams up to 10 per team. Call (309) 782-6319 for details.

2010 Army Arts & Crafts Contest: Army Arts & Crafts Contest is a juried competition of 2-3 dimensional artwork held in separate groups for novice and accomplished artists and artisans. Visit www.riamwr.com for details. Each patron may submit as many as three works per category. All submissions must be uploaded between **June 1 - July 12**. Authorized MWR Patrons only.

Grand Opening of Arsenal Club: The Arsenal Club has reopened on Wednesday nights, Wednesday's will be Open Mic night. 50¢ drafts every week. Food specials. For more info call Cathy Harris (309) 782-6319
Time: **2:30-9 p.m.**

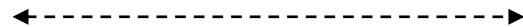
Arsenal Club Bar & Grill: The Arsenal Club Bar & Grill started delivery service in the evenings from 5-7 p.m. on Thursday & Friday evenings. Also, do you only have 30 minutes for lunch? Let us do the cooking and bring it right to your building. You can check out our full menu on the [MWR website](#). For



further details call Cathy Harris (309) 782-6319 or the Club Bar on Thursday & Friday's starting at 2:30 p.m. at (309) 782-3075.

Auto Skills Facility, Bldg. 351: MWR Auto Skills Facility offers technical assistance; provides equipment and tools for self-help services; and, oil changes and minor automotive repair services (by appointment only). For additional information, please contact (309) 782-8631.

MWR POV for Sale Program: Let MWR Auto Skills provide you an avenue to sell your personal vehicle. Place an ad on the MWR website. Call (309) 782-8631 for details or visit www.riamwr.com.



MWR Leisure Travel Office

Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11:30 a.m., (309) 782-5890, ROCK-ITR@conus.army.mil, <http://riamwr.com/BusPgms/special.htm>

Taste of Chicago Bus Trip: Join us on one of the popular bus trip to the Taste of Chicago. We provide the

transportation. Only \$39 per person. Hurry and get signed up this one fills up fast.

Date: **Saturday, June 26**
Time: **6:30 a.m.**

Cubs/Cardinals Weekend:

Check this out all you Cubs and Cardinals fans. A weekend trip to St. Louis includes the following: A welcome reception, two night hotel accommodations at Holiday Inn, two full breakfasts, one night game + two day games. All of this for \$395 per person. Limited seats available. Taking reservation with payment now. No alcohol permitted.

Date: **Friday, Aug. 13 thru Sunday, Aug. 15**
Time: **TBD**



Cubs Bus Trips: ITR has five bus trips for the Cubs this year. Cardinals - **May 29**; Sox – **June 12**;

Cardinals – **Sept. 18**; cost \$112 per person. Reds – **July 3**; Braves – **Aug. 21**; seats are \$106 per person. Limit six per person. No phone purchase, no seats will be reserved without payment. All sales final. No alcohol permitted.



Date: **Thursday, March 11 (tickets went on sale)**
Time: **7 a.m.**

Star Wars in Concert @ iWireless:

The production features a full symphony orchestra and choir, accompanied by specially edited footage from the films displayed on a three-story-tall, HD LED super-screen. Accompanying the concert is an exclusive exhibit of Star Wars costumes, props & artifacts. Seats are \$66.50, \$52 & \$32. On sale until **June 16**.

Date: **Wednesday, July 7**
Time: **7 p.m.**

Downtown Chicago Shopping Trip:

Shop till you drop! Come with us to enjoy some downtown shopping. Leave the driving to us.

Date: **Saturday, July 17**
Time: **6:30 a.m.**

Six Flags Great America Bus Trip:

We provide the transportation and admission ticket for a fun filled day at one of the Midwest amusement parks. Only \$72 per person.

Date: **Saturday, July 24**
Time: **6:30 a.m.**

Quad City River Bandits: Single game tickets are now available for the 2010



season. Just \$8 per person. Opening day is **April 11**. Thirsty Thursday and Fireworks Friday will be offered once again this year as well as many promotion nights.

Navy Pier Bus Trip: Join us as we go to one of Chicago's popular tourist attractions. Take a boat ride on Lake Michigan. Catch a ride with us for \$39 per person.

Date: **Saturday, Sept. 18**
Time: **6:30 a.m.**

Circa 21 Presents Who Dunit?: A wealthy spinster and her cockney maid take a beautiful Connecticut summer home in 1931. When they arrive, all the help has quit, except for a very odd butler who tells them that something "strange" is going on. Seats on sale until June 4. \$42.50 per person
Date: **Saturday, June 19**
Time: **7:45 p.m.**

Miss Nelson Has a Field Day: The Smedly Tornados have not only never won a football game, they have never scored a single point. Miss Nelson decides to help out and solicits Coach Viola Swamp to whip the team into shape and save the day. A funny and charming musical. \$7.50 seats on sale until **April 21**. Performance at Circa21.

Date: **Saturday, May 1**
Time: **12:30 p.m.**

Go Dog, Go!: P.D. Eastman's classic children's book comes to life on the stage. The dogs delve into life with gusto, creating a visual spectacle for the audience to feast upon! They snorkel, howl at the moon, ride a ferris wheel, and sing and climb trees! On sale until **June 16** for \$7.50 each.

Date: **Saturday, June 26**
Time: **12:30 p.m.**

Basic Open Water Scuba

Certification: Outdoor Recreation is sponsoring a Basic Open Water Scuba Certification Class. Classroom classes will be held on **April 17 & 24** at Sentry Scuba in Moline. Pool session dates will be determined at the first class first. \$279 per student. Register at ITR in Bldg. 60 or phone (309) 782-8630 for more details.
Time: **9 a.m.**

Golf Bag Travel Case: Outdoor Recreation now has Golf Bag Travel Cases available for checkout. These bags are great to pack your golf bag/clubs in on your next vacation. For more info, call (309) 782-8630.

Outdoor Recreation 2nd Annual Bicycle Ride:

We will ride from the Arsenal to Hampton and back on the Great Mississippi River Bicycle Trail. Approx. 20 miles. A support vehicle will be on call and at the Hampton turn around. Cost is \$5 per person. Sign up at the Leisure Travel Office in Bldg. 60. Phone (309) 782-8630 for more details.
Date: **Friday, May 7**
Time: **8 a.m. - 2 p.m.**

Beauty and the Beast: This classic musical love story is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers including "Be Our Guest" and the beloved title song will be at the Adler Theatre. Seats are \$57.50 each
Date: **Thursday, May 20**
Time: **7:30 p.m.**

Special Offer for Active/Retired

Members of the U.S. Military: Shades of Green Resort & Walt Disney, Orlando, Fla., have teamed up to make a 4-Day vacation for service members and their families even more affordable. Check out the great deals at www.riamwr.com or call the ITR Office at (309) 782-5890. Hurry to make your reservations. This special promotion runs through **July 31**.



Armed Forces Vacation Club

(AFVC): Start planning your summer vacation and get great deals on your lodging through the Armed Forces Vacation Club. Go to www.afvclub.com to find condos located all over the world for only \$329/week. Give them installation 90 when making your reservations. Call ITR at (309) 782-5890 with any questions.

Child, Youth & School Services

Operation Purple Camp: Operation Purple Camp, **July 11-16**, held in Waterloo, Ill., offers a free week of summer fun for military children. The camp is open to military children of all services: active and reserve-giving priority to children whose parents are within a 15-month deployment "window." Their mission is to empower military families to develop and maintain healthy relationships, in the current military environment. ([More](#))

Illinois Operation: Military Kids camp, **June 27 – July 2**, in Oregon, Ill. Funded by the National Operation: Military Kids by the Department of Defense. Registration information will be posted on the Illinois page of the OMK. This

camp is open to kids of all services: active & reserve. ([More](#))

Army Community Service (ACS)

Persons requiring special accommodations please contact the POC for the ACS session you are interested in.

Special Needs Diets for Special Needs Individuals Informational Forum:

An informational forum on Special Diets presented by Jane Reinhardt-Martin, Registered Dietician, is scheduled at the School Age Center, Bldg. 150. Free a snack dinner is available for attendees. Please RSVP to (309) 782-2526/4736. Date: **Thursday, April 8**
Time: **5:30-7:30 p.m.**

Army Emergency Relief (AER) Fundraising

Campaign: AER fundraising campaign will be **throughout April**. Military personnel will be contacted by key persons. Civilian employees may voluntarily contribute by contacting their organization's key person or Jon Cook at Army Community Service (309) 782-0815 or



jon.c.cook@conus.army.mil.

Contributions may also be made on-line at www.aerhq.org.

Sponsorship Training Available

Online: Sponsorship Training is available online by visiting the ACS webpage. After training, successful completion of the Sponsorship Training exam will result in a certificate being awarded to you. To visit the online log [click here](#). POC: (309) 782-0816.

Employee Assistance Program

Employee Assistance Program: For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are 7 a.m. – 4:30 p.m. Monday through Friday. For additional information on the Employee Assistance Program, go to www.riamwr.com

Anonymous Online Mental Health

Screening (April): The month of April is Alcohol Awareness Month. In addition to offering you the opportunity to complete a free, anonymous screening for depression, anxiety and other common mental health conditions, the Rock Island Arsenal Employee Assistance Program screening tool



includes an alcohol use screening. The screenings are available at: www.mentalhealthscreening.org/screening/ type in keyword ASAP. To complete the free, anonymous alcohol use screening, select "alcohol" in the right-hand column, fill out the general questionnaire, and the alcohol questionnaire will follow. We hope that you will take advantage of these screenings as a way to look at how you have been feeling and to make sure alcohol use or other mental health conditions are not issues in your life.

EAP Newsletters: The RIA Employee Assistance Program March [Supervisor](#) and [Employee](#) Newsletters are now available on the RIA Homepage "What's New" section. For further info on any of these topics, contact EAP (309) 782-HELP

Smoking Cessation: Are you thinking about quitting smoking? Do you need added support, education, and resources? Let the Employee Assistance Program (EAP) help. A Smoking Cessation Group is offered at no cost. The group meets each Wednesday at 3 p.m. in the EAP office, Bldg. 110, First Floor, SE Wing. For more information, call (309) 782-2552 or (309) 782-4357.



Education/Training Review



St. Ambrose University Partners With Lewis Institute: St. Ambrose University's Professional Development Center has partnered this year the Lewis Institute to provide several non-credit Project Management training programs and a non-credit Professional Certificate in Project Management. The topics offered include: How to Communicate, Influence, and Negotiate in Project Management; Mastering IT Project Management; eXtreme Project Management; Managing Capital Projects; Managing Disaster Planning, Response and Recovery Projects; and Project Management – Tools, Principles, and Practices, Team-Based Project Management. Participants can pick and choose which program fits their needs or they can complete the Professional Certificate program by completing three core courses and two electives. A program flyer is available at <http://bit.ly/9MLqUy>. Each program is three-days in length and at a cost of \$1,395 each. This includes seminar materials, networking luncheons, PDUs or CEUs. Discounts for corporate and SAU Alumni are available. The Lewis Institute is a registered education

provider with the Project Management Institute®. If you have any questions regarding our project management programs, please feel free to contact me. Jennifer Prinz, MPA, Director of Professional Development, St. Ambrose University ~ Professional Development Center, (563) 441-9950, PrinzJenniferL@sau.edu, www.sau.edu/pdc

Army Continuing Education Services

(ACES): The Army Continuing Education Services (ACES) office is dedicated to providing service member support for the attainment of educational goals. Counseling services and information will be available during regular business hours, Monday through Friday from 0630-1500. Please contact Ursula Burkhalter at (309) 782-2065 or Sharon Trier at (309) 782-4398 for more information. Visit the [Go Army Ed](#) virtual portal for information regarding Army tuition assistance. For more information about Army educational programs, visit [Army Ed Space](#).

DAVQCCH 2 Scholarship Program:

Disabled American Veterans (DAV) QC Chapter 2 Scholarships are available; two \$1,000 scholarships will be presented. Deadline is **April 15**. For more info on criteria & application,



contact a DAV member or email: davqcch2@gmail.com or contact George Nicholas at (563) 391-1760.

Free College Credit: Get college credit for what you know. Test out of college class by taking a CLEP or a DSST on-line exam. Immediate results. National Test Site operated by Western Illinois University in Bldg. 56. Available to all. Free to military. Call (309) 558-6444 with questions or to schedule a test.

Richard C. Maguire Scholarship: The RIA Historical Society is accepting applications for our annual \$1,000 Richard C. Maguire Scholarship. The scholarship is awarded for post graduate, i.e., Master or Doctorate study in History, Anthropology or related subjects. Filing deadline is **May 1**. Request applications at: rimahoch@aol.com

Defense Commissary Agency / PX

The [Rock Island Commissary](#) makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in

advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com

Arsenal PX New Hours: The Post Exchange is now open Monday thru Saturday, 8:30 a.m. until 6:30 p.m., six days a week! AMCSS is also open Monday thru Saturday, six days a week from 8:30 a.m. until 6:30 p.m. Thank you for shopping with us at AAFES Rock Island Arsenal PX.

Sales Flyers: Patrons can visit the [AAFES website](#) and sign up to receive free online sales flyers.

Healthbeat

What Happens to Your Body Within an Hour of Drinking a Coke: Don't drink cola if you want to be healthy. Consuming soft drinks is bad for so many reasons that science cannot even state all the consequences. But one thing we know for sure is that drinking Coke, as a representative of soft drinks, wreaks havoc on the human organism. What happens? Writer Wade Meredith has shown the quick progression of Coke's assault. ([More](#))

Free Health Promotion Newsletter: A free Health Promotion Newsletter @ www.healthierfeds.gov offers a wide variety of health and fitness information. You can also join the HealthierFeds Physical Activity Challenge that encourages you to engage in regular moderate physical activity and to log your activity. See the website for more information.



Health Clinic Announcement: Sick Call Hours, 7-8 a.m.; RIAHC continuously offering H1N1 flu vaccine, Wed.-Fri., 1-3 p.m.; clinic closed, April 30, training, 12 p.m.

Notes for Veterans

Care of Gulf War Vets Gets Second Look: The VA is re-evaluating the care it provides veterans of the Gulf War of 1990 and 1991. Secretary of Veterans Affairs Eric Shinseki announced today that the VA's Gulf War Veterans' Illnesses Task Force has completed work on a report that will "transform"



the services provided to military personnel who served in the Persian Gulf conflict two decades ago. The task force was charged with finding out where the Veterans Affairs Department's services have fallen short in caring for Gulf War veterans. ([More](#))

Retiree Affairs



NARFE Service Center:

Effective **Jan. 7**, the NARFE (National Active and Retired Federal Employees) Office, will be relocated from Bldg. 102 to Bldg. 56, Room 103A. Better parking. The office will only be open on Thursdays from 8:30 to 11:30 a.m. Phone numbers remain unchanged (309) 782-0187 or (309) 782-1799.



Car Pooling Announcements



Submit car pooling announcements via the [Island Announcements](#) page. Please use that page to contact ROCK-RIA-PA to take your announcement off once you have found a ride.

Ride:

- **Ride Wanted:** Ride wanted from Camanche to Bldg. 350 call (563) 593-4531.

Car Pool:

- **Carpool:** Current carpool looking for one additional driver/ rider. Must have reliable vehicle with room for four adults. Drivers switch off every other day to alternate driving days. Commuting from Galesburg/ surrounding areas along Interstate 74 to RIA. The Alt Work Schedule is 6:30 a.m. to 4 p.m. with first Fridays of the pay period off. Contact (309) 782-0067, ethan.herrman@us.army.mil

Around the Q.C.




- April 16-17:** [QC Earth Week Fair](#) (QCCA)
- April 24:** [Spring Chaser 5k benefitting the American Red Cross of the Quad Cities](#) (Downtown Rock Island)
- May 1:** [Volunteers for Symphony Derby Day](#) (Rock Island Arsenal Golf Club)
- May 1:** [Venus Envy](#) (Bucktown Center for the Arts)
- May 8:** [Quad Cities Military Appreciation Week Kick Off](#) (Modern Woodman Ball Park)
- May 8-9:** [Beaux Arts Fair](#) (Davenport Figge Plaza)
- May 15:** [Armed Forces Day](#) at Brady Street Stadium (Davenport)
- May 15-16:** [Scott County Kennel Club AKC Dog Show](#) (QCCA)
- June 11-12:** [Gumbo Ya Ya Mardi Gras in The District](#) (Rock Island)
- June 11-12:** [NACQC Drums on the Mississippi Inter-Tribal Pow Wow](#) (Davenport LeClaire Park)
- June 11-12:** [9th Annual Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)
- June 16-19:** [16th Annual Sturgis Mississippi River Motorcycle Rally](#) (Mississippi Valley Fairgrounds)
- June 20:** [River Action's Ride the River Bike Ride](#) (Union Station, Davenport)
- June 26:** [QC Pride Fest](#) (Davenport LeClaire Park)
- June 26-27:** [Quad City Air Show](#) (Davenport Municipal Airport)
- July 2-4:** [I.H. Mississippi Valley Blues Festival](#) (TBD)
- July 3:** [Red, White & Boom Fireworks Display](#) (The District Rock Island & Davenport Riverfront)
- July 4:** [51st Annual AMVETS 4th of July Parade](#) (Downtown East Moline)
- July 5-11:** [John Deere Classic PGA Tour Event](#) (TPC Deere Run)
- July 22-25:** [Bix Beiderbecke Memorial Jazz Festival](#) (Davenport LeClaire Park & Various Venues)
- July 23-24:** [39th Annual Downtown Street Fest](#) (Downtown Davenport, 2nd Street)
- July 24:** [Quad-City Times Bix 7 Race](#) (Downtown Davenport)
- June 27:** [Quad City Red Cross Picnic on the River](#)
- Aug. 3-8:** [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)




Aug. 12-14: [24th Annual Great River Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 13-14: [Ya Maka My Weekend Caribbean Fest](#) (The District of Rock Island)
Aug. 14: [Living Lands & Waters' Xstream Cleanup](#) (Quad-City Area)
Aug. 19-21: [Antique Car Club of America's Antique Car Show](#) (John Deere Commons)
Aug. 20-21: [River Roots Live Music Festival & Ribfest](#) (TBD)
Aug. 26-27: [3rd Annual Upper Mississippi River Conference](#) (iWireless Center)
Sept. 10-11: [Viva Quad Cities Festival](#) (Bass Street Landing, Moline)
Sept. 11-12: [Beaux Arts Festival](#) (Davenport Figge Plaza)
Sept. 17-18: [Big Fat Greek Festival](#) (St. George Greek Orthodox Church, Rock Island)
Sept. 18: [WQPT Brew Ha Ha](#) (Davenport LeClaire Park)
Sept. 18: [Celtic Highland Games of the Quad Cities](#) (Centennial Park, Davenport)
Sept. 18: [River Action's Taming of the Slough Adventure Triathlon](#) (Downtown Moline)
Sept. 18: [Vander Veer Park Fall Festival](#) (Vander Veer Botanical Park, Davenport)
Sept. 18-19: [Riverssance Festival of Fine Art](#) (Lindsay Park, Davenport)
Sept. 19: [St. Patrick Society Erin Feis Irish Festival](#) (The District, Rock Island)
Sept. 20: [Annual Red Cross Golf Outing at TPC Deere Run](#) (Silvis, Ill.)
Sept. 24-26: [QC Hot Air Balloon Fest](#) (Kennedy Square, East Moline)
Sept. 25-26: [Four Kingdom Renaissance Festival](#) (Q.C. KOA Campground at Camelot)
Sept. 26: [Quad Cities Marathon & Festival of Races](#) (John Deere Commons)

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